



The Tanner Times

A P V M H S P U B L I C A T I O N

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'Revolving door' worries students without teachers

By Sean Ouellette

No one signs up for a college level course without expecting a challenge, but the juniors and seniors who make their way toward room 204 every morning could never have foreseen the complication now facing them. With the AP exam looming ahead, the group had been without a Chemistry teacher for over three weeks.

For junior Emily Niemi, the word that most immediately came to mind was "stranded." "He said we had a quiz that Friday, and the next day he just wasn't there." She said. "I'm concerned we won't be prepared for the [AP] test," remarked classmate Linda Vitale. And who can blame her? If the students score below a "3" on the standardized test this spring, most colleges will not award credit for the course.

For 21 days, the students faced a revolving door of substitutes. Up until the arrival of Mr. Brender on the 27th, they were on their own. Even now, the class faces the monumental task of making up three weeks of lost time.

As bleak as the situation might



seem, it is by no means unique. In this year's first quarter alone, three math teachers and one chemistry teacher have left either by choice or upon request.

In 2004, about 40 teachers left Peabody, many for other districts. As seven of the 10 Peabody

principals announced their departure, Superintendent Nadine Binkley presented a four page report that cited numerous reasons for the exodus. Among these were low salaries, poor facilities, and "a sense of lack of support for education in Peabody."

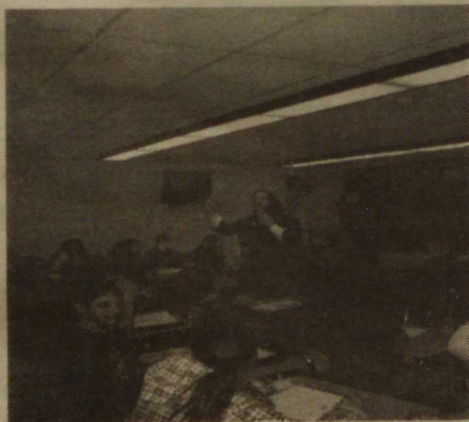
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SLC's foreshadow more revision

By Andrea Ross

Many of us tend to jump to conclusions before we have all the facts. Contrary to what some may think, Small Learning Communities, or SLC's, are very different from the clusters at the Higgins Middle School. The SLC system is a way of dividing high school students into small groups so they can get the help they need in order to live up to their academic potential.

They accomplish this



in a variety of ways. A-House dean Ms. Freedman thinks that the changes will prevent students from "slipping through the cracks."

In 2005, PVMHS received a

five-year grant to restructure, in an effort to improve the recognition of each student's unique learning style.

This year, the ninth grade restructured into SLC's, but by 2010, the entire school should follow. As with any large undertaking, there could be some minor glitches along the way. According to PVMHS Principal Mr. Larkin, "Everything is going as planned. As a whole, I have gotten positive feedback from both

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IN HARM'S WAY

In Harm's way, a theatrical production about dating and domestic violence, bullying, and teasing, will be performed on March 23rd. With its collection of stories, poems, songs, and dances, it is a living documentation about human capacity, hope, courage, triumph, and connection. This powerful, student-driven performance is a wonderful example of how the arts can better help communities deal with difficult issues.

There are numerous ways to be-

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What's the News? PHS Newspaper!

By Kristen Tgavalekos

A new group has been added to the mix at Peabody Veterans Memorial High School- Newspaper Club. Juniors Sean Ouellette, Tom Holden, and Emily Niemi started it this year. The purpose of the club is to put out a

school newspaper.

"Sometimes the morning announcements aren't enough," said Emily. Articles come from journalism classes, and members of the newspaper club edit the articles and decide what sections of the paper to put them in. Ms. Farrell, who teaches the journalism classes, is the advisor. Meetings take place in her room, B361, Mondays after school.

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SHAWN CONRAD, THE ALL-AMERICAN BOY

By Rachel Osher

Shawn Conrad, a humble senior at Peabody High School, has recently been awarded the Wendy's High School Heisman Award for his outstanding achievements in athletics, academics, and community service. Shawn is the first-ever nominee from Peabody High School to win this award, beating out nearly 15,000 nominees state-wide.

Shawn asks himself, "why me?" Although the award is based mainly upon excellence in athletics, it also recognizes outstanding academics as well as involvement in community service. Shawn excels in the three areas. He is active in all the athletic seasons at school,



Shawn Conrad, or Shawnrad

participating in soccer in the fall, indoor track in the winter, and outdoor track in the spring.

Shawn shows excellence in academics, currently holding the number three slot in the senior class. Along with being in National Honors Society, he dedicates his time to community service.

Shawn is an all-American young man who deserves this award for the effort he puts into everything he un-

"Shawn is the first-ever nominee from Peabody High School to win this award, beating out nearly 15,000 nominees state-wide."

MEET THE COMMUNITY

By David Eadie

The Community High is a small special-ed branch of Peabody High. It serves as an alternative for students whose behavioral/psychological ills impact their education in a way that

makes it difficult for them to learn. The school staff is a very talented and friendly group, working hard to help kids. Mr. McKeon— algebra 2, geometry, and history; Time at community school: 5 years *"It's like working with an elite team. It's a great opportunity to help students succeed, and rewarding when they do succeed."*

Mrs. Thole— homework studies, Spanish; Her first year at the school *"It's a great opportunity to build relationships with the students and staff."*

Mr. O'Malley— culinary, history, geography; Time at community school: 7 years

Mrs. Whitten— algebra, chemistry, biology, and psychology. Her first year at the school *"Never a dull moment; There's always something going on."*



Mr. Bradshaw— English 9, 10, 11, and 12, and business studies;

Time at community school: 2 years

Mr. Player— sociology, economics, world/U.S. history, and American theatre.

His second year at the school

Mrs. Barber: (Principal)— choice theory, problem solving, and processing;

Revolving door, teachers

Continued from page 1

One teacher, in her second year at Peabody High School, admitted that some of these points still ring true. "Most business people would find the working conditions abysmal," she said, citing malfunctioning copiers and unclean bathrooms.

But others say that, for the three math teachers who left this year, it was the job itself that just

wasn't for them: "Some people come into this profession thinking that teaching will be a piece of cake— it's one of the hardest jobs in the world." Many teachers also seemed to share some disappointment in parental support.

Whatever the cause, Peabody does have an exceptionally high turnover rate (the percentage of teachers leaving). As one math

teacher puts it, "I've been here for four years, and I'm one of the senior teachers in my department."

As for the "stranded" students, Mr. Larkin asserts that the administration is doing the best they can. The trouble is, teachers who give their "two week's notice" often neglect to stay for those two weeks. This year has seen two of these cases.

4 JUNIORS HEADED FOR SOUTH AMERICA

By Eric Whelan

It was a warm spring day in 2006 when the World Challenge Expeditions decided to pay Peabody High a visit. They spoke of what Robbi Couris calls a "once in a lifetime offer:" a trip to Costa Rica. The trip consisted of trekking through Costa Rica for a month. The participants would explore rainforests and experience the unique terrain of the foreign country.

Peabody High's group consists of four girls, Robbi Couris, Kathleen Dolan, Sarah Scolaro, and Jessica Bartlett, who are good friends and have always wanted to travel. Robbi Couris recently described what they intended to do on their trip. "Like most countries, Costa Rica has orphanages, which is one of the places we can do community service. We could teach children, play, sing songs, do art, or we can do environmental services," explained an excited Couris. Environmental services could include things such as planting trees or even building houses. The trip seems exciting enough, but it will cost them. The girls have done numerous fundraisers, such as yard sales, and book sales. They are also planning a benefit show in the winter, where their wonderful friend Eric Whelan will help them gather local bands to play in the show.

Along with fundraising, the girls need to participate in training. They occasionally go on weekend expeditions to the Berkshires to prepare for the obstacles they'll face in Costa Rica... or is it Ecuador?

While on one of their "practice trips" in the Berkshires the girls met a group of four just like them. Normal sized groups have about eight or more people, so they decided to link up and join groups. They changed their expedition to Ecuador. And with a nice group of new friends and the help of Peabody High's beloved Ms. McCarthy, who will chaperone, they hope to make this the time of their lives.

IT IS THE SOLDIER

By Kassaundra Periera

She has caused many students meltdowns and fills her kids with anxiety. But visit Mrs. Gore's room today and look at the endless lines of gold stars that hang from her ceiling. Why does she have them up? No, it isn't for some love of astronomy or for decoration; the real reason is more compelling.

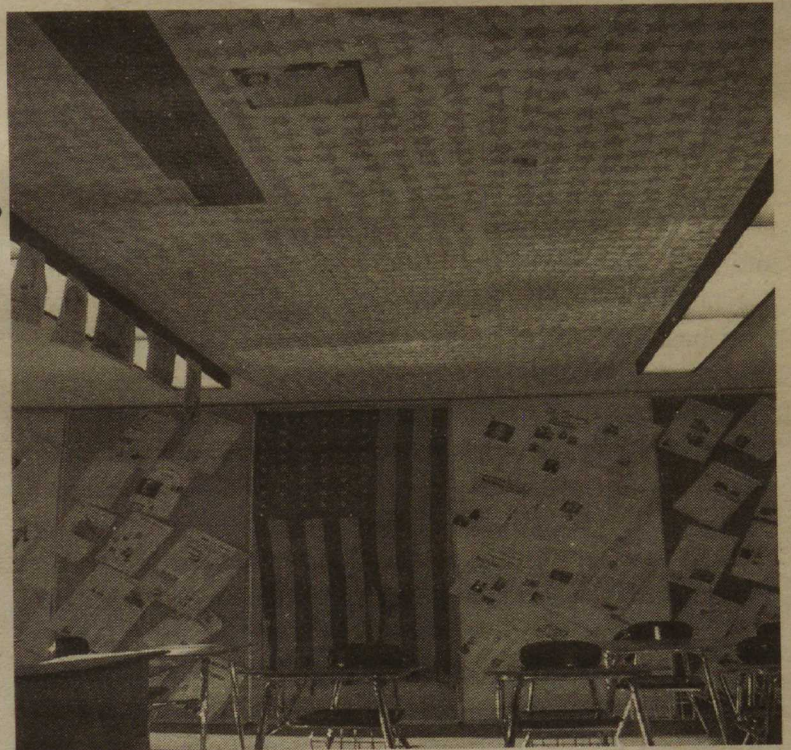
While watching the news one night, the History and Mock Trials teacher saw a story on a church that was putting an American flag on its front lawn for every soldier who has been killed in Iraq and Afghanistan. She wanted to do something like that in her room. Then she remembered that during WWII, mothers of the soldiers were given flags with blue stars that they would hang on their windows. Every blue star represented a son in the war, and if their son was killed, a gold star would be placed over the blue one. Then the idea came—for all three thousand plus soldiers who have died in this war, she will put a gold star with the person's name, age, and branch on her ceiling.

For Gore, she is doing this for those who sacrificed their lives for all of us. For her students, though, she says, "While hanging up the stars I told them to look at the names, and the students who wrote out the stars started to get emotional because they could see the name and the age. It wasn't a number anymore."

She wants them to not only understand these are real people but also to gain a greater personal appreciation for US History and know that from its beginning, people have given the ultimate sacrifice for this country.

She plans to keep these stars up for as long as the war lasts and will add on to the list as more of our soldiers are lost in the war. "We already have [added stars]; the list is being continued every day." She doesn't think this will make students stand up and rush into the military, but she does think it will give them a greater appreciation for all our military does.

She quoted Father Dennis Edward O'Brien, "It is the soldier, not the reporter, who has given us the freedom of the press. It is the soldier, not the poet, who has given us the freedom of speech. It is the soldier, not the campus organizer, who gives us freedom to demonstrate. It is the soldier who salutes



Each star memorializes fallen soldier. The red poster to the upper left reads, "They fought for their country, but they died for their friends." - Stephen E. Ambrose

the flag, who serves beneath the flag, and whose coffin is draped by the flag, who allows the protestor to burn the flag."

Ever modest, Ms. Gore says this isn't newsworthy; it's for all of the soldiers and what they've done. So today, ignore the fact that she can make you sick with fear and just appreciate all the stars.

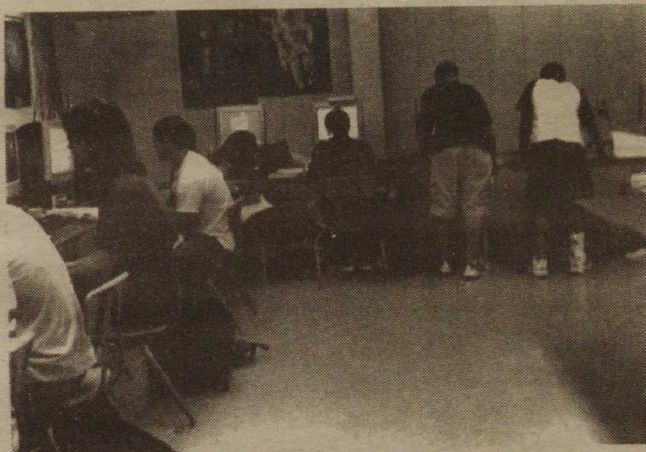
ATTENDANCE POLICY CAUSING MIXED FEELINGS

By Lindsey Elwell

The attendance policy at Peabody High School concerns many students, parents, and teachers. Last year's attendance policy was as follows: five absences in a quarter resulted in a failing grade for that quarter. If the student was absent more than ten times in a semester course, the student failed the course. The same went with a full-year course, with twenty absences resulting in an F.

The school attempted to improve the system by making some changes this year. Now, students are allowed sixteen absences for a full-year course and eight for a semester course. The difference is that these absences can be used at any time, all in the same quarter, if needed. How fair is this system? The opinions of students and teachers somewhat differ.

Junior Robbi Couris says, "this year's policy is a lot better than last year's." The attendance appeal board determines whether the student's absence is excused or not. Robbi also thought that the attendance board "was pointless." She



STUDENTS WORKING?
Photo By: Shareen Almadh

also said, "I think that a dean or guidance counselor should be able to appeal absences as needed, and this should be done before the quarter ends so students are not rushing around trying to appeal absences all at once. This would lessen the load on the appeal board because appeals would be spread out among the administration and the process might be less hectic."

Math teacher Ms. McCarthy thinks that students might lose track of their absences now that they are allowed more and things could get out of hand at the end of the semester. "The new policy is better for teachers, however, because we are not constantly distracted every quarter by filling out absence forms."

Ms. McCarthy's view of the appeal board was similar to Robbi's. She wanted to make the process easier and less time consuming for both students and teachers. Instead of failing a class as a punishment for being absent, Ms. McCarthy thinks that making up the time missed could be an alternative solution, considering that time on learning is a recurring concern in Peabody.

Small Learning Communities

continued from page 1

teachers and parents."

The ninth grade restructuring will help with the transition from middle school to high school, since all of the ninth grade teachers are working as a whole and following the same policies. Each SLC contains four teachers, and those four teachers have one period per day that they use to collaborate and work together constructively. This is not only used to discuss problems, but to share observations, get feedback from one another, and meet with parents. Unlike middle school, the freshmen do not travel as a pack, and they do choose their own electives. The only similarity is that the teachers work as a whole, so each student benefits to the fullest extent.

Although people have formed their own opinions, both positive and negative, Mr. Larkin believes that school restructuring equals school improvement. Making sure that each student gets exactly what he or she needs is crucial in making sure that his or her education is successful. And getting positive feedback from people around the community is the key to making the restructuring a success.

Sports & Entertainment

EARNEST ABOUT ERNEST

By Alexa Arena

Lights, cast, music! On November 17th and 18th our Stage One drama club put on a spectacular rendition of *Ernest in Love*, a musical based on Oscar Wilde's hilariously witty and cunning book, *The Importance of Being Ernest*. For these particular performances, a small square stage was built on the original stage, and the audience sat onstage around the actors. This created the desired effect of a "theater-in-the-round," but it limited seating for the shows. Appeal for the shows was very high; both productions sold out before opening night!

Ernest in Love is a story about the complexities of love. The setting is in England, in the year 1895. It is about romance and morals, social classes and appearance. In order to fully portray the colorful, well-known characters in the show, the actors had to learn to use British accents. Senior Doug Cohen, who played Algernon Moncrieff, admitted that after auditions the cast went out to eat and only spoke in British accents in order to get the hang of it. Senior Emily Piper, who played Cecily, explained, "The characters are very intelligent. They know what to say and when to say it." This proved very true; *Ernest in Love* was compelling and charming; it delighted the audience.

A great amount of time and effort went into the making of this musical. Rehearsals started three weeks into the school year, and occurred three times a week. A week before opening night, director Mr. Richard Carey said, "I am very happy with and proud of this musical. It is going really well."

Due to the fact that it was staged in the round, the actors had to be aware of every angle. As opposed to customary choreography, this show involved movement. For all of the actors, it was an enjoyable, new experience.



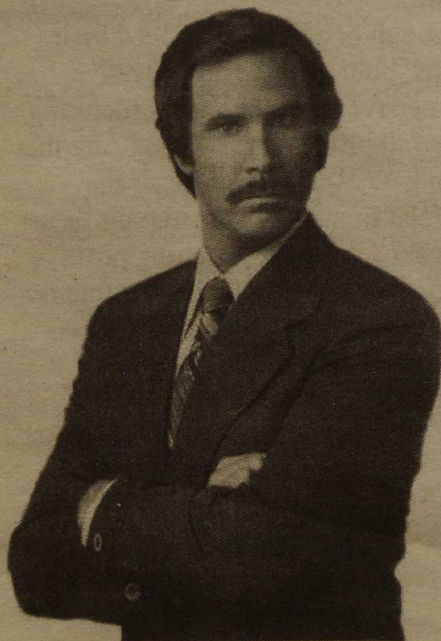
The Cast of 'Ernest' poses in costume. The show was a sell-out hit, in keeping with Stage One tradition.

The stakes were especially high for this show because for the first time, Stage One is participating the North Shore Music Theatre Spotlight Awards. This is a relatively new organization that attends and judges local high schools' performances, and gives out awards that highlight and honor talent in their shows. With the help of director Mr. Carey, musical director Mr. Jon L. Simmons, who spent show nights in the wing conducting the orchestra, choreographer Ms. Lara Finn, and the hard work of the cast and crew, *Ernest in Love* was a wonderful production and a great success!

“Due to the fact that it was staged in the round, the actors had to be aware of every angle.”

STRANGER THAN FERRELL

By Emily Niemi



Besides a similar last name, what on Earth could the teacher Nannette Farrell and the famous actor Will Ferrell have in common? Both have a renowned sense of humor and can make anyone laugh. But do Will Ferrell's jokes in his new movie *Stranger Than Fiction*, really match up to his usual wit?

This movie, starring Will Ferrell, Maggie Gyllenhaal,

Emma Thompson, and Dustin Hoffman, is about an ordinary man named Harold Crick. Daily, Harold repeats the same, humdrum schedule, his life revolving around time. One day, Harold hears a voice narrating his actions. A person is writing a book about Harold's life as he is living it. The voice says Harold's inevitable death is coming shortly. Harold goes on a mission to find this narrator to persuade her not to kill him off. During his journey, Harold realizes that there is more to life than his lackluster routine. Thinking he is going to die, Harold decides to fully live his life the way he wants—by falling in love, skipping work, and learning to play the guitar.

Unlike Ferrell's other movies, *Stranger Than Fiction* is much more grave. A Will Ferrell fan, Sean Ouellette, says, "It's a little different. It's a little more serious and

Ferrell is not as funny as he can be."

This movie is unlike the comedies Ferrell usually stars in. It's a new kind of movie," Ouellette says, "It is something like *Click*; both are funny, then get serious."

Alexa Arena, another Will Ferrell fan, agrees with Ouellette. She says, "He [Ferrell] is more serious. He wasn't like the *Anchorman*, not that goofy guy." Even with this serious tone, Ferrell fans were still pleased overall. On a scale of one to ten, both Arena and Ouellette gave *Stranger Than Fiction* a seven.

Witty and serious, the movie makes one think that we all may be falling into a trap of dull routines and need to actually live our lives. Maybe Nannette Farrell is funnier than Will Ferrell in *Stranger Than Fiction*, but the movie is still enjoyable in an unusual sense, and conveys a thought-provoking message.

PHS RULES GBL

By Chris Kerwin

For years, Peabody High has dominated in almost all sports. From field hockey to football, regardless of sport, every team seems to have a successful year now and again.

For the more successful teams, there is a pattern in how long the coaching staff sticks around. For example, Edward Nizwantowski coached Peabody High football and baseball for thirty plus years, with each team winning league championship after league championship.

Another great coach is Dan Hayes, who coached the girls' lacrosse team for more than twenty years, with success in almost all of them.

"I think it's because of the great coaches and kids who are willing to work hard and get the job done," said Laura Anastos, a cross-country star at Peabody High.

The girls soccer team this year was one of the best in recent history, placing first in the GBL and trouncing their neighboring rival, Danvers, twice.

Multi-sport athlete Nick Pointer had similar thoughts. "I don't know," he said stroking his chin. Nick plays football and baseball for Peabody high. "I think Peabody High sports have been so dominant because of coaching, tradition, character, and the willingness to win."



The Peabody Cross Country team had an outstanding season, conquering the GBL undefeated and finishing 3rd at the Catholic Memorial invitational Meet; 7th in

I sat down with Peabody High's athletic director Phil Sheridan and asked him why Peabody High sports teams have been successful. Instead of any one reason, Sheridan felt there were "a lot of reasons," for Peabody's dominant sports teams. While munching on a steak and cheese sandwich, the former Peabody High track and field coach added:

"One, because the student athletes are willing to go the extra mile on both the playing field and the classroom. Two, because there is an excellent support system in youth sports within Peabody, and that helps carry on into high school."

Volleyball Leaves League with a Bang

By Michelle Grifoni

Jump, spike, and hit is how they did it! The Peabody girls' volleyball team finished the year strong, despite their loss against Andover in the Division 1 North Semi-Finals. "Having the team physically in shape and working on offense was my main goal at the beginning of the season," says Head Coach Mrs. Keene.

Making the semi-finals was a huge accomplishment for the team. In Peabody history, no team has won a game in the tournament. This year was different. All twelve of the girls played their hearts out. The first game in the tournament was a bye. The second game, the quarterfinal, was a win against Methuen. Junior hitter Rachel Negri adds, "yeah, I knew we would win at least one game in the tournament because of how well we did all season." The girls finished the year with the record of 15-5.

Peabody will have to change leagues next year because they are leaving the GBL. Coach Keene said, "I have a huge feeling that we will be just as strong, if not better, especially because of how the seniors this year brought the team to the next level." The competition will most likely be different; "It's going to be an adjustment having

to play in different gyms," adds Keene. By knowing the teams in the GBL, we knew which gyms have high or low ceilings. Plus, it is going to be hard not knowing more about the other teams that we will be facing."

It is good for the volleyball team to know how high the ceilings are. That way, they can practice after school if they need to deal with a low ceiling. Under a low ceiling, the volleyball can hit the top and come straight down. This confuses the players on the court.

Overall, winning the GBL title and making it to the semi-finals are going to be memories that will always last. Coach Keene has been coaching for 13 years in the volleyball program and has just received her 50th win. As far as next year goes, the hope lies in the upcoming varsity players.

The new captains, Rachel Negri, Kristen Kelley, and Michelle Grifoni will all help bring their team to victory next year. Whether it involves spikes to the face or slams down opponents' throats, they will smash their way through next year's season.

Kyrle Holland: Coach and Friend

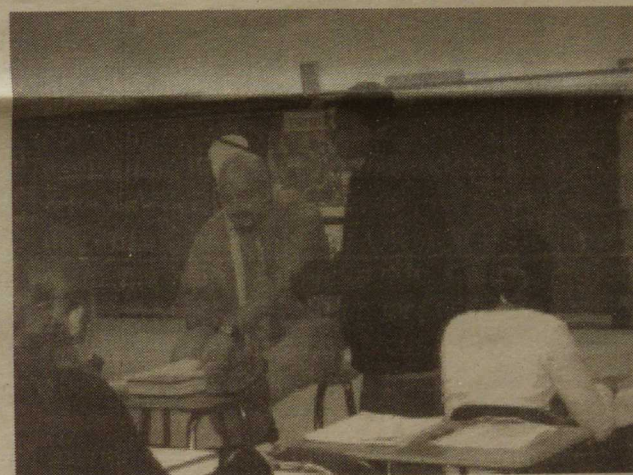
By Kayla McHugh

"Nice save, McHugh." I heard this from the sidelines this fall every time I saved a ball or made a good play. I knew it was the voice of Kyrle Holland, my volunteer soccer coach, a Peabody High history teacher, last year's freshman boy's basketball coach, and a good friend. I felt reassured when I heard his voice because I knew that at the next time-out, he would be there to pump me up and tell me what I needed to fix out on the field.

This man has taught me so much in the last two years about soccer, and I believe he pushed me to be the best I could be on the soccer field.

This summer, Mr. Holland worked with many of the girls on my team every Tuesday and Thursday in the unbearable heat of July and August. Alecia Marino, a usual at these practices, said, "The practices in the summer were tough, but totally worth it, and they got me ready for the season. Mr. Holland really taught me a lot and I'm going to miss him a lot next year."

Since he is a volunteer, he does not get paid to coach us during the busiest three months of the school year. Coach Holland said, "It's not about the money when you love the game, and as long as the girls work hard, I don't mind being there."



Mr. Holland is noted for his use of unique teach-

Mr. Holland's family history is also very interesting. Both of his parents are natives of Ireland. Oddly enough, his two parents met in Boston rather than in their birth country. His mother is from Glennimaddy, which is in Galway County, a little town in Ireland, and his father is from Kanturk, which is a small village in Coalk County.

His father came to America because he did not want to take over the family businesses, which included creating gravestones, managing the farm, or joining the IRA.

Mr. Holland is named after his great uncle Kyrle, who was a hit man in the IRA. The IRA stands for the Irish Republican Army, an army formed by Irish volunteers.

Mr. Holland is a great person and I am so glad I really got to know him during my time at Peabody High School; I hope anyone that has the chance to talk to him will take advantage of it, because he will make the conversation worthwhile.

TANNER HOCKEY PREVIEW

By Matt Sucharewicz

After coming off one of the best seasons in the history of the program, Head Coach Mark Leonard is confident that his team can make a strong run at both the Greater Boston League Championship and the Division II State Championship.

"Even though we lost a lot of key players from last year's team, I feel that we have enough talent coming back and with incoming freshmen. We will be a tough team to beat, come March," says an excited Leonard.

"To even come close to what last year's team accomplished is going to be a challenge," said junior forward James Nofle, who looks to improve on his twenty point season last year.

Peabody will have to play the tough hockey powerhouses of the G.B.L. for one more season before it moves into the Northeast Conference. Coach Leonard is confident his team can compete with any team in the state, even after the team suffered the loss of seven seniors, including the leading scorer and the team's starting goalie.

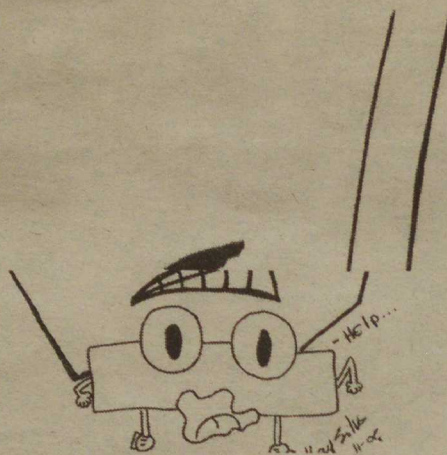
"Yes, we will have some hard times, but we will also have some good times," says Leonard.

This season returns sixteen out of the twenty-three players from last year's team. Returning from last year's team is six of the top ten scorers, as well as five conference all-stars. Coach Leonard is also

confident that he can find leadership lost from last year's captains in this year's captains, Craig Bovio, Ken Brownlee, Kevin Macchione, and Matt Sucharewicz.

"All four of them have played on the Varsity team for four years now, and they all know what it takes to be a great team leader," said Leonard.

The Tanners have a huge mountain to climb this year because the hockey season was shortened to just eighteen games instead of the traditional twenty. The Tanners will be challenged to win ten games to qualify for the State Tournament, but even if they manage to, anything can happen in the crazy month of March.



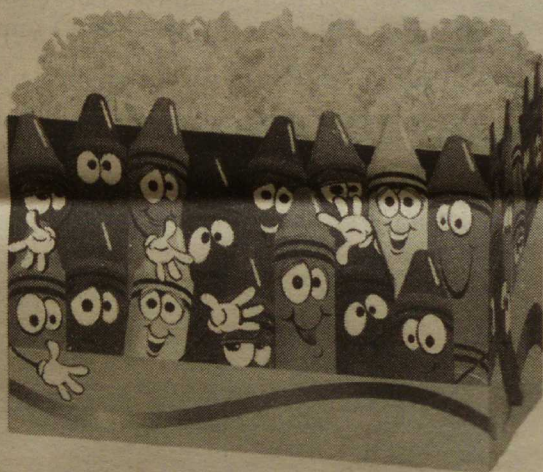
Newspaper Club Needs Your Help!

Journalism students and Newspaper Club members have worked hard on this issue of The Tanner Times. We hope you enjoy it!

We welcome your feedback, article ideas, suggestions, etc. See Editors Sean Ouelette, Emily Niemi, or Tom Holden. Or, see Ms. Farrell in B361.

While the bake sale was a success, we will need to raise over \$300 for each issue. Contributions, in any amount, are welcome and appreciated. Please make checks out to "Newspaper Club."

Future plans include the sale of advertising. Businesses that would like to advertise in the school newspaper are invited to contact any Newspaper Club member or Ms. Nannette Farrell at the High School. Thank you!



The Naked What?

By Jimmy DeBiasi

If you attended the Talent Show you have certainly heard of them. The Naked Crayons are a new band from Peabody High who play an uncommon genre of music: Ska, which is a form of Jamaican music with jazz-like horn riffs. The band's name was a spontaneous suggestion from an expert spontaneous-suggestor, Emily Piper.

Mike Batakis and Justin Curewicz rock the saxophone and trumpet, respectively, and are a major contribution to The Naked Crayons' originality. The rest of the band consists of Matt Akre on the guitar and vocals, and in the rhythm section are Chris Jodoin and Jimmy DeBiasi, on drums and bass. Last but not least is the other wonderful vocalist, Katherine Colbert. "We were originally formed just for fun for the talent show," stated Matt Akre when asked how the band came about.

At the talent show, they performed the song, "She Has a Girlfriend Now" by Reel Big Fish. Their first practice with the whole band was just two hours before they went on stage. Their performance at the talent show was considered a success. During the song, their friends went on stage and danced around them while they played. It was also a very original performance compared to the other acts, thanks to the horn section of the band. Akre described the act as "a party on stage that everyone enjoyed."

The Naked Crayons won first place at the talent show and second at the Battle of the Bands on December 8th.

SPORTS NUTRITION

By Scott Diefenbach

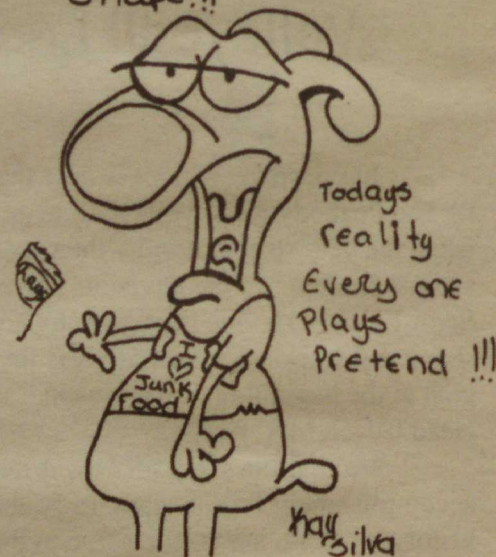
Have you ever been confused about which foods are healthy and which are not? How about what exercises to do to gain or lose weight? Sports nutrition is confusing to many people in the United States. Pressures of the outside world have forced people to want to look thin, strong, lean, and beautiful. So what exactly is a healthy diet?

Research shows that high school students who are athletes should be basing their diets on 3,500 calories a day to gain weight (compared to a normal person's diet of only 2,000 calories). Those undersized football or hockey players that want to get big must know that working out is not enough. Lifting weights is mainly to increase strength. If a person would like a bigger body mass, they need to eat right and eat a lot. Athletes should be ingesting many carbohydrates regularly. Stacking up on proteins after large workouts is also a big help.

Peabody High athletic trainer Marika Conway had said, "High school athletes should be eating 50-60 percent carbohydrates in their diet and 20 percent proteins. They are vital for a body to get its necessary vitamins and minerals."

Then there are the students who want to lose weight. The easiest way to lose weight as a teenager is by slowly decreasing the amount of calories in-

Don't Bother, I don't eat Trash, I keep myself in Shape!!!



gested each day. You should increase how many times you actually eat throughout the day, but make sure there are a variety of healthy foods in your diet. It is essential for the vitamins and minerals that the body needs.

Sports nutrition is a big deal. Many students and athletes are confused about how they should be changing their diet. Students should not be afraid to talk to experienced adults, athletic trainers, and coaches about how to change their diet. Then kids will know what is healthiest for them to eat and how to workout.

Opinion



Labels

By Becca Ward

Punk. Prep. Gothic. Gangster. Jock. Snob. I know it's no big deal if your friends refer to you with these "titles," but what really hurts is hearing it whispered as you walk by or through the grapevine.

Like it or not, labels affect each and every one of us. No matter where you turn, labels are being given out to everyone. One of MTV's biggest reality series, "The Real World," showcases group of people living in one house, studying how they react with each other after everyone stops being friendly. In order to qualify for the show, some of your characteristics have to be viewed in a negative way. Audiences love the negativity. Conveniently, the target audiences are our typical high school students. The girl who sits next to you in math class that seems like the perfect student could be anxiously awaiting the next episode of the show to premiere. The way people view others has an effect on you, too, if you're around it enough.

Everyone has their favorites and their enemies. If you were to ask anyone why they dislike someone, they'd most likely respond, "She's such a snob!" or "He's too cocky." Even though negativity fills our everyday lives, we all have to learn how to overcome it and resist the need to judge everyone we see.

Most people will read this and say they don't judge people, but that's a lie. Everyone judges. I'm judging you right now. So now when you go to spread that rumor you just heard or go to whisper about some girl whose skirt is too short, maybe you'll think twice about what you say.

Backpacks for Imbeciles

By Samuel Goldberg

They're in the halls, stairwells, classrooms and cafeteria. They're huge, obtrusive, and dangerous. What are they? Overstuffed, massive backpacks of death, or at least they become those if you don't live with them respectfully.

Students carry oversized backpacks for a variety of reasons, maybe their locker is in the farthest reaches of the third floor, or their classes are in D House, or maybe they need a big backpack for the same reason Steve McCarthy did freshman year: he didn't have a locker.

However, don't go out and buy a sixty dollar camping bag just yet; there are ways to avoid becoming a human 18-wheeler.

First off, the single best time of the day to go to your locker is before or after lunch, as you'll have a more time to get your things and head back to class. If this is not an option, and there is simply no way for you to utilize your locker, then there are other ways to ease your weighty backpack ailments.

A good way to minimize the size and "mock-ability" of your bag is to stack books both horizontally and vertically within it. Larger books should be laid inside vertically whilst thinner books, like an agenda book or anything you're forced to read in English, fit snugly on top horizontally. Using one large binder instead of many small ones, or simply stuffing your textbooks into your binders, can also help you make your bag smaller.

Now, when moving around with a massive bag, keep in mind that you are the human 18-wheeler of the corridor. If people don't give you the right of way (which they should, lest you "accidentally" knock them off a stairwell), you should give it to them. Never stop abruptly, and always be careful when turning corners. It's always a good idea to refrain from going into oncoming traffic.

Having a massive bag is a privilege, and you should be careful in handling it. It's probably heavier than you are.

- Samuel Goldberg has written and edited for *The Observer* literary magazine and is a recent graduate of Farrell University. He is currently a features editor and columnist for *The Tanner Times*.

Our unfortunate yet hilarious plight

By Michael Englehardt

Arthur Miller, author of *The Crucible*, would be proud of our school. Damn proud. As an avid lover of irony, he could appreciate the school's current situation. One would expect the actual penal system to match the one in the handbook – to the contrary, it's closer to a Florida ballot. Confusion reigns.

A Peabody High dean said that every student of whom they are notified is given a consequence. They admit that, at times, the consequences differ due to the different backgrounds and circumstances of the students. That doesn't need to be changed; it's common sense.

Every student who is brought to the deans' attention is penalized – that's the problem. There are many students who get away with sleeping in class or acting out because their teachers do nothing. Those teachers disregard the handbook in favor of apathy. The dean said that it was up to those teachers to support the school's policy.

A teacher infamous for her enforcement of rules who was once asked to lower her standards argued against what the dean said. She said that the administration discouraged enforcing the rules by giving only light consequences rather than corrective action. An oft-given consequence, in-school suspension, is nothing but babysitting the offending students and enabling them to avoid work.

Principal Larkin agreed that not enough teachers were supporting the handbook and said that it is up to the administration to ensure that they do. Herein lies the irony. He holds the administration responsible, the dean holds the teachers responsible, and the teacher believes that the entire school— teachers, principal, and deans included—needs to shape up. While the school is buzzing with talk about small learning communities and air quality maybe more attention should be paid to the basics; apparently, they get lost in the confusion.

The facts about Ms. Bertram

By Dan Sylvester

You might hear some students say that Ms. Bertram is "mean" and "strict." To others, she is a brilliant, funny, and all-around nice person—one of the most respected teachers at PVMHS. A recent interview with revealed a few interesting facts about her.

When asked about her childhood, she indicted that she learned to be outspoken as the only female in a male-dominated household. Though her mother died when Ms. Bertram was 10, her father took an active role in all the kids' lives and provided a good childhood for them.

A self-proclaimed "band-geek," she most enjoyed her time spent with people in the music department during high school. While many kids were unsure of future careers, Ms. Bertram claims she always knew she would be a teacher and is proud to have followed in the footsteps of her father, an educator for over 40 years.

Here are some other interesting



facts about Ms. Bertram. She likes to cook. She and Mr. Martino, a familiar face around PVMHS, were married last July, and they did all the cooking for over 150 guests. She has a great sense of humor. She is very funny in the classroom and admits to using sarcasm. She plays the bagpipes; her father wanted her to be "different." And she rides a motorcycle—her response to a midlife crisis.

When asked how she has liked her seven years here at PVMHS, Ms. Bertram says that she has thoroughly enjoyed it, but is "troubled by certain inconsistencies." She certainly reminds us that teachers are people, too.



Three students of English Teacher John Baran have gone on from the local to state level in the VFW Voice of Democracy speech contest: Emily Piper, Amanda Krouzek, and Lauren Blodgett.

Newspaper Club

Continued from page 1

At these meetings, almost all of the desks in the room are taken up by students eager to get a school newspaper started. Last year, Ms. Farrell's two journalism classes each created one newspaper. However, PVMHS hasn't had a regular school newspaper for over a decade. In a school of 2,000 students, Sean feels it's important that there is a regularly printed school paper.

"I think it will establish more of a student voice," he said. This year, the articles will still come from journalism classes, but the Newspaper Club will be in charge of editing the articles and putting everything together. The goal is to be able to print one newspaper each month.

The biggest difficulty in reaching that goal is fundraising. Because the school does not have its own printing press, the club has to turn to outside business to print the paper. To help pay for this, the first fundraiser was a bake sale held after Thanksgiving. Also, the club aims to receive recognition from business willing to donate money and place ads in the paper.

What will be the result of all this hard work? Sean said, "I hope we'll get something going for after we graduate." If the newspaper is a success, it will leave a legacy.

Harm's Way

Continued from page 1

come involved in this performance, some of which are: submitting an anonymous story, reading, dancing, singing in the play, and designing posters. As Heather Steckel said herself, "We can make this theatrical piece whatever we want it to be. We can Peabodyize it. I want it to be positive, while still maintaining a point about abuse." If you would like to be involved in this presentation, please contact either Heather Steckel or Nicki at HAWC (978-744-2299) ext 16 or nicolers@helpabusedwomen.org.

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"It is the soldier, not the reporter who has given us the freedom of the press. It is the soldier, not the poet, who has given us the freedom of speech. It is the soldier, not the campus organizer, who gives us freedom to demonstrate. It is the soldier who salutes the flag, who serves beneath the flag, and whose coffin is draped by the flag, who allows the protestor to burn the flag."

In grateful dedication to the men and women of the Armed Forces serving our country overseas